



Up in Smoke

A smoking cessation program at Lake Health

“Up In Smoke” is a 6-week community based; voluntary smoking cessation program revised to be based on the Treating Tobacco Use and Dependence Public Health Service sponsored Clinical Practice Guidelines. Up in Smoke meets for one-hour for week 1, 2, 3 and week 6 with telephone consulting in-between class sessions.

Up in Smoke provides assistance to individuals through behavior modification and cognitive restructuring. In order to increase the success rate of quitting, a physician or nurse practitioner will be available to prescribe medications to curb nicotine withdrawal symptoms.

The program will provide the support and knowledge base for the individual to cope with smoking cessation when the nicotine replacement strategies are complete. Up in Smoke provides a knowledge base of the following topics

- Behavior Modification
- Cognitive restructuring
- Stress Management
- Nutrition information/Weight management
- Exercise information
- Group discussion for problem solving

Smoking cessation - Participants' Quit Date is typically set for the 2nd class.

**To register for the program, call the Lake Health Best of Health Line at:
440-953-6000 or 1-800-454-9800**

Location: TriPoint Medical Center – Physician Pavilion Building
Address: 7590 Auburn Rd, Concord Twp, OH 44077
Room: Cardiac Rehabilitation Conference Room.
Room is located on the ground floor of the Physician Pavilion Building.

DATES:

Wednesday, February 1, 2012	1:30 pm – 2:30 pm
Wednesday, February 1, 2012	4:30 pm – 5:30 pm

Fee: \$125.00 per person



“Up In Smoke” Format

1st Session: February 1, 2012 1:30 pm – 2:30 pm Tripoint

2nd Session: February 1, 2012 4:30 pm – 5:30 pm Tripoint

Room: Cardiac Rehab Conference Room – Physician Pavilion

Follow up with Dr. Rodway via phone or a meeting session

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Week #1	Welcome; Behavior Modification; Preparing for Quit Date; Meet with Dr. Rodway re: NRT
Week #2 Quit Day	Getting Started; Cognitive restructuring; Stress Management; Coping Strategies
Week #3	Exercise/Nutrition information/Health Benefits of quitting smoking
Week #4	Telephone counseling
Week #5	Telephone counseling
Week #6	First Time Situations; role playing; “on your own” activities; group discussion for problem solving